



# RSVP News



RSVP – Responding to the Call to Serve  
Montgomery County Volunteer Center

Fall 2006



## FROM THE PROJECT DIRECTOR

Dear RSVP Volunteer:

For those of you who do not already know, it is with great sadness that I inform you that Donna Dahlgren, RSVP Coordinator for more than 20 years, passed away in July. She was diagnosed with lung cancer in June and her illness progressed very rapidly. I was privileged to work with Donna for nearly 10 years and she was my model for the *senior citizen* I hope to become. She was a reliable and dedicated employee of the RSVP Program well into her 70s and even after her retirement, she returned as a reliable and dedicated volunteer.

Her fierce social conscience kept her engaged in the community through the League of Women Voters. She was always researching, investigating, and hoping to *right* many of the *wrongs* in our community through her activism. She was vibrant, interesting, and loved working with the wonderful volunteers in the RSVP Program. She will be missed.

Moving on to happier things, I am pleased to welcome Kathleen Meaney Stobie who is our new RSVP Coordinator. She will be making her way around to various stations to meet with volunteers, but I encourage you to contact Kathleen to introduce yourself. She is a wonderful addition to RSVP and Volunteer Center staff and I know that you will join me in welcoming her to the program.

Sincerely,

*Ann*

Ann Evans  
RSVP Project Director



## RSVP VOLUNTEER APPRECIATION

This year's RSVP Volunteer Appreciation Event is a cornucopia of pleasures – brunch for your belly and art for your heart.

And all this in the beautiful BlackRock Center for the Arts in Germantown, MD.

Haven't been there yet? Well, now you have a good reason to go. Tours of the facility will be offered to first-timers. And we will have a personal artist-led gallery tour of the exhibit *Rustic Roads: A Journey Through the MoCo Ag Reserve*.

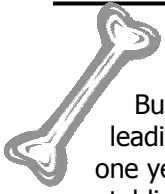
Please mark your calendar for Thursday, November 2, 2006. The celebration begins at 10:00 a.m. with a brunch buffet and concludes at noon. Look for your invitation and further details to arrive in October.

## Montgomery County Community Service Day

Saturday, October 28, 2006 is the 20<sup>th</sup> Annual Montgomery County Community Service Day. On that day, over 5,000 volunteers will join together to assist nonprofit organizations around the county with special projects.

This year, we would like RSVP volunteers to join together in working on a service project in memory of Donna Dahlgren. One of Donna's favorite organizations was Head Start. She understood and appreciated the importance of education and the wonderful work of the Head Start program in helping the children of lower income families learn and grow. Join us at 8:30 a.m. at the Montgomery County Volunteer Center at 401 Hungerford Drive, Rockville, for a lovely continental breakfast generously provided by Whole Foods. Then roll up your sleeves and join us in making teaching aids for the Head Start program from 9:00 a.m. - 11:00 a.m.

Dozens of other projects will be available on this day as well, so to sign up for this or a different project or for more information, please call the Volunteer Center at 240-777-2600.



### CALLING ALL BONE BUILDERS!

Build muscle and increase bone strength by leading a Bone Builders class twice a week for one year! The Bone Builders program was established in 1996 for people 50 and older to protect against fractures caused by osteoporosis. RSVP is partnering with the Montgomery County Area Agency on Aging and would like to begin classes at several sites, so the local program coordinator, Ginny Gilbert, is looking for Volunteer Trainers.

Volunteer Trainers become qualified by attending an all-day workshop and attending two one-hour practice sessions the following week. Trainers work in pairs when they lead classes. People who suffer from osteoporosis sometimes serve as Volunteer Trainers and experience multiple benefits to their own health and well-being.

Training will be Monday, October 16<sup>th</sup> from 9:30 a.m. – 4:30 p.m. Location: TBA. If you or someone you know is interested in becoming a Volunteer Trainer, please contact Kathleen Meaney Stobie at 240-777-2611.

### County Sponsors Forums Seeking Input into Comprehensive Plan for Seniors

What do we need to do to ensure that Montgomery County is a great place to age? Join County officials at one of the upcoming forums to make sure your concerns and opinions are included. The County's partner in the senior planning process is Towson University's Center for Productive Aging. Forums are scheduled for:

#### **Tuesday, October 10, 2006**

6:30 p.m. - 8:30 p.m.  
Executive Office Building-Lobby Auditorium  
101 Monroe Street, Rockville

#### **Friday, October 13**

11:00 a.m. – 1:00 p.m.  
Long Branch Senior Center  
8700 Piney Branch Road, Silver Spring

If you cannot attend a forum but have input about the future of seniors in Montgomery County, call the Senior Plan Comment Line at 240-777-1120 or email [SeniorPlan@montgomerycountymd.gov](mailto:SeniorPlan@montgomerycountymd.gov). For more information, please call 240-777-1131.

### PROPERTY TAX CREDIT CHANGES

Details are on the main page of the county website at [www.montgomerycountymd.gov/](http://www.montgomerycountymd.gov/). Click on *Homeowner's Tax Credit Program*

#### ***What's new?***

The State of Maryland doubled the maximum property amount from \$150,000 to \$300,000 (same as the County did last year).

Qualified Retirement Savings are now EXCLUDED from the \$200,000 Net Worth requirement.

#### ***What's the application deadline?***

The deadline for the *reduction to your 2006-7 tax bill* is extended to **October 31, 2006**. To see if you are eligible for this tax credit, apply to SDAT before this deadline.

#### ***Important Exception for Seniors***

Any taxpayer 70 years old and over can apply retroactively for the current tax year *plus two previous years* as long as the taxpayer was at least 70 in the year for which the application is filed.

#### ***To Apply***

Call SDAT (State Department of Assessments and Taxations) at 1-800-944-7403 for an application form, or visit their website at <http://www.dat.state.md.us/> to download the form and instructions

### PRO-BONO PROGRAM SEEKS SENIORS

Are you a retired grant writer? Interior designer? High-tech wiz? Carpenter? Accountant? You have the talent, but you don't have time to commit to long-term volunteering. Maybe you like to be free to travel? Hang out with your wonderful grandchildren?

With our Pro-bono Consultant Program, you can do all the fun stuff and still "do good." With Pro-bono, skilled, mature adults are matched with local nonprofits for a **time-limited project** measured by tangible outcomes. Many area nonprofits need consultants to write grant applications, develop HR manuals, formulate a strategic plan, or build out space in their waiting areas. While the need is there, often the budget isn't.

If you or someone you know might be interested, please contact Della Stolsworth at 240-777-2617 or [della.stolsworth@montgomerycountymd.gov](mailto:della.stolsworth@montgomerycountymd.gov)

## LONG TERM CARE OMBUDSMAN TRAINING

Do you read *Consumer Reports*? Then you know you can help make a difference by advocating for better quality of life issues for frail and vulnerable adults in long term care facilities.

Do you like working toward better outcomes in complaint resolution?

Are you ready to experience challenges to sharpen your skills as a citizen advocate?

Montgomery County's Long Term Care Ombudsman program is seeking volunteers to work as long term care advocates, making regular visits to residents in nursing homes at convenient locations throughout Montgomery County. This program allows *flexible daytime hours* and autonomy in developing problem-solving strategies. Training and technical assistance are provided by experienced professionals.

The intensive training program for volunteer candidates is a comprehensive orientation to the aging process, nursing home systems, applicable laws and advocacy skills. The session is scheduled for the week of October 30<sup>th</sup> from 9:00 a.m. – 3:00 p.m. at Holiday Park Senior Center in Wheaton. Class size is limited and pre-registration is required. Questions? Contact Eileen Bennett at 240-777-1067.

## HOLIDAY GIVING PROJECT

Through a coalition of faith-based organizations, businesses, public and private agencies, and private citizens, the Holiday Giving Project assists those who are unable to purchase the traditional foods and gifts during Thanksgiving and the December holidays. Thousands of Montgomery County families are in need over the holidays. Here's how you can help:

### Donations

A basket of food  
Gift certificates for food  
Sponsor a food drive  
Sponsor a family, senior citizen or other individual  
New toys, especially needed for older children & teens for the December holidays, or

### Volunteer Your Time

Work with one of the Coalition Organizations sorting and distributing food.

For more information, call the Volunteer Center at 240-777-2600.

## From the RSVP Coordinator

Hello to all *RSVPers*!

I am thrilled to be the new RSVP Coordinator at the Volunteer Center; everyone has been so warm and welcoming! I've been out to visit a few RSVP stations with Ann Evans, and I look forward to getting out to the rest in the next few months.

While I know many mourn the end of summer, I personally love this time of year when the weather cools and we see the vibrant fall foliage unfold. It's like a second "new year" – time to make resolutions to exercise more, eat less (that one's hard for me when it comes to chocolate!), and recommit to community.

Ben and Jerry (of ice cream fame) said it best: "No one can do everything; but everyone can do something."

My heartfelt thanks to all of you who have been "doing something" all year long. I hope to see you all at our annual RSVP Volunteer Recognition brunch on November 2, 2006.

Looking forward,

*Kathleen*

Kathleen Meaney Stobie  
RSVP Coordinator



## SENIOR BUDDIES

The Arc of Montgomery County is starting a three month pilot program for seniors with developmental disabilities. They will be going to a local senior center and various recreational activities in the community Monday – Friday from 10:00 a.m. to 3:00 p.m. Staff members will be with the senior, but they are looking for "Senior Buddies" to accompany them and assist them in meeting other seniors and joining in the activities.

Volunteers do not need to commit to a certain number of days per week; a three-month commitment is preferred.

Questions? Please call Carol Neckar, Volunteer Services Manager, at 301-984-5777, ext. 271



### ***RSVP News***

Montgomery County Volunteer & Community Service Center  
Retired and Senior Volunteer Program (RSVP)  
Offices of the County Executive  
401 Hungerford Drive  
Rockville, Maryland 20850



### **LET'S GET ACTIVE WITH AGING!**

Active Aging Week is held the last week of September culminating with the International Day of Older Persons on October 1<sup>st</sup>.

According to the International Council on Active Aging, the concept of *active aging* can be summed up in the phrase "engaged in life." We can change the way we age by staying active, to the fullest extent possible, within all areas of life: physical, spiritual, emotional, intellectual, professional and social. Aging within these dimensions of wellness keeps us involved, alert and enjoying a productive life.

Physical activity is not the only focus of an active lifestyle, but it is an important dimension because activity improves physical and psychological functioning, which prepares us overall for our home and work lives.

<http://www.icaa.cc/aaw.htm>  
866-335-9777

### **Need a Jump Start on Exercise?**

Order yourself a FREE copy of *Exercise: A Guide from the National Institute on Aging*. Call 1-800-222-2225 and ask for the "Exercise" booklet (NIH Publication No. 01-4258). There are good examples – with great illustrations! – of strength, balance and endurance exercises.



**RSVP News** is published quarterly. If you have news to share or ideas for articles, contact RSVP Coordinator Kathleen Meaney Stobie at 240-777-2611 or fax 240-777-2601 or email her at [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)

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